|  |  |
| --- | --- |
| **Not meeting WHO recommendations on physical activity for health (“Insufficient physical activity”)** | Description: Percentage of respondents not meeting WHO recommendations on physical activity for health (respondents doing less than 150 minutes of moderate-intensity physical activity per week, or equivalent) |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Not meeting WHO recommendations on physical activity for health** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % not meeting recs | 95% CI | n | % not meeting recs | 95% CI | n | % not meeting recs | 95% CI |
| 18-29 | 526 | 3.3 | 1.9 - 5.4 | 759 | 15.7 | 12.7 - 19.2 | 1285 | 9.5 | 7.8 - 11.5 |
| 30-44 | 593 | 7.6 | 5.2 - 10.9 | 964 | 12.7 | 10.0 - 15.9 | 1557 | 10.1 | 8.3 - 12.3 |
| 45-59 | 342 | 12.4 | 8.5 - 17.7 | 537 | 10.5 | 7.0 - 15.3 | 879 | 11.3 | 8.6 - 14.8 |
| 60-69 | 159 | 21.4 | 14.0 - 31.3 | 297 | 20.4 | 15.2 - 26.7 | 456 | 20.8 | 16.2 - 26.3 |
| **Total** | **1620** | **7.0** | **5.6 - 8.8** | **2557** | **14.1** | **12.2 - 16.2** | **4177** | **10.6** | **9.4 - 12.0** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 1269 | 6.1 | 4.6 - 8.0 | 2140 | 13.1 | 11.1 - 15.3 | 3409 | 9.8 | 8.5 - 11.3 |
| Urban | 351 | 10.2 | 6.7 - 15.2 | 417 | 19.8 | 14.7 - 26.2 | 768 | 14.2 | 10.7 - 18.5 |